

Is intake of 100% fruit juice associated with adiposity in children? (DGAC 2010)

Conclusion

Limited and inconsistent evidence suggests that for most children, intake of 100% fruit juice is not associated with increased adiposity, when consumed in amounts that are appropriate for age and energy needs of the child. However, intake of 100% juice has been prospectively associated with increased adiposity in children who are overweight or obese.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Is intake of 100% fruit juice related to adiposity in children?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Is intake of 100% fruit juice related to adiposity in children?](#)